

## 3<sup>rd</sup> Degree Black Belt Syllabus

- **Warm up**
- **Patterns**
  - All colour belt and black belt patterns
  - Ko-Dang
  - Eui-Am
  - Choong-Jang
  - Favorite pattern
- **Traditional Line work**
  - Middle knife hand wedging block in a walking stance
  - Reverse knife-hand rising block in a walking stance
  - Reverse high section crescent punch in a walking stance
  - Middle section reverse turning kick landing in a sitting stance knife hand strike
  - Downward thrust straight elbow in L stance
  - Downward block with the outer forearm in L stance
  - High crosscut with a flat fingertip in L stance
  - High thrust with the right double finger in walking stance
- **Free style line work**
  - Lead side kick – back kick- slide back- back kick
  - Spin hook kick – backfist - rear leg double middle side kick
  - Middle reverse punch - obverse ridgehand - spin hook kick
  - Double punch lead leg side kick - obverse backfist - middle reverse punch
  - Rising block - reverse punch - rear leg front kick - jumping front kick (same leg)
  - Favourite jump kick
  - Favourite hand combination
  - Favourite leg combination
  - Favourite hand and leg combination
- **Pad Work**
  - Pad Drills 1 to 7, demonstrated right and left side
- **Kickshield**
  - Demonstrate jump side kick x 10 of each leg
  - Demonstrate jump turning kick x 10 of each leg
  - Demonstrate jump reverse turning kick x 5 of each leg
- **Power test**
  - Palm Heel strike against one 1” wooden board with measure
  - Jump turning kick break against one 1” wooden board with measure
  - Reverse turning kick break against one 1” wooden board with measure
  - Examiner choice break

# 태권도

TAE KWON DO



- **Free sparring**
  - Semi-contact – hands and legs, legs only, hands only
- **Set sparring**
  - Three step semi free sparring (good range of techniques displayed)
  - Three step sparring 1 to 10
  - Two-step sparring 1 to 4
  - One-step sparring
  - One-step freestyle (Wearing sparring equipment)
- **Self Defence**
  - All previous coloured belt drills
  - Knife attacks – straight lunge, slashes and downward attack
  - Defence from the ground – shoulder pins, full mount position, grabs and strikes
- **Theory**
  - TKD Theory done prior to grading